

What is claimed is:

1. A disposable waterproof sheath to cover an inner portion of a  
5 container in order to protect an appendage from microbial matter in  
the inner container, the sheath being a) deep enough so that the  
appendage can enter the container and b) conforms to the edge of the  
10 container so that the sheath adheres to the container edge or grips the  
container edge and prevents the appendage from contacting the inner  
portion of the container.
2. The disposable, waterproof and sheath of claim 1, wherein the  
appendage is a portion of an arm, a hand, a finger, a portion of a leg, a  
foot, or a toe.
- 15 3. A kit comprising the disposable waterproof sheath of claim 1 and  
scented herbs.
4. A kit comprising the disposable waterproof sheath of claim 1 and bath  
salts.
- 15 5. A kit comprising the disposable waterproof sheath of claim 1 and bath  
oils.
- 20 6. The kit of claim 4, wherein the bath salts are Epson salts.